

CITY OF ROCKVILLE
Department of Recreation and Parks

2012 TRACK AND FIELD PROGRAM

I. Age Category

Bantam Division - born 1/1/04- 8/31/06

Midget Division - born 2002-2003

Junior Division - born 2000-2001

Intermediate Division - born 1998-1999

II. Eligibility

Any boy or girl who either resides or attends school within the City of Rockville corporate limits is eligible to compete and will be assigned to a team in accordance with his/her age and school district.

III. Rosters and Fees

Each team will maintain a roster of active participants and will submit a copy to the Sports Office **before April 26**. Additions to the roster may be up to the 2nd regular season Meet. Additions must be called in to the League Director.

Registration fee per participant is \$58 for City residents; \$68 for nonresidents attending City schools.

Rosters should consist of no more than 90 participants with a maximum of 30 per division.

Rosters of more than 90 participants must be approved by League Director and Commissioner.

IV. General

A. Meet and Schedule

Teams will participate in practice meets on Wednesdays at Rockville H.S.

Coaches, parents, participants are strongly encouraged to attend all Meets/Conferences

Regular season: each Wednesday, May 2 –May 30 at Rockville H.S. 5:45 p.m. Weather Permitting

City Conference Meet is June 6 & June 7 at Rockville HS 5:45 pm weather permitting. Participants must compete in a least two regular season meets to be eligible.

Coaches required to attend all meets/conferences. Parents and participants encouraged to attend all meets/conferences.

B. Inclement Weather Policy

Teams are to attend Meets. Meets will run in most cases, even if it is raining. In case of severe weather, if possible, Meets “may be” rescheduled on Sunday following regular Meet at 1 p.m. (coaches will be notified by email). For cancellation information, call **Rec Line at 240-314-5055**.

C. Dress Attire

Only tennis shoes permitted. No street shoes, cleated track shoes or bare feet.

D. League Directors– Sports Division - 240-314-8620

E. Track and Field Commissioners

Karen Kincer: email – president@mccrc.org

Steve Solbeck: email- sa.solbeck2@verizon.net

F Cassandra McRoy Site Supervisor (240-447-2001)

V. Team Events and Meet Organization

A. Age Group Events

Bantam Boys and Girls - born 1/1/04-8/31/06

50M Run, 100M, 400M Relay, Softball Throw, Standing Broad Jump, Open 400/800M

Midget Boys and Girls - born 2002-2003

100M Run, 200M Run, 400M Run, 400M Relay, Standing Broad Jump, Softball Throw, Open 800M/1600M

Junior Boys and Girls - born 2000-2001

100M Run, 200M Run, 400M Run, 400M Relay, Running Long Jump, Open 800M/1600M, Softball Throw

Intermediate Boys and Girls - born 1998-1999

100M Run, 200M Run, 400M Run, 400M Relay (Co-Ed), (2+2) Running Long Jump, Softball Throw, Open 800M/1600M

B. Track Events

50M (unlimited) and 100M Runs (unlimited)

Each team can enter boys and girls as they wish for the 50M and as many boys or girls in the 100M for each age group.

200M/400M Run (unlimited)

Each team can enter as many boys or girls as they wish in each age group.

Open 800M/1600M Run

Each team can enter as many boys and girls in each age group.

C. Field Events**Running Long Jump**

Each team can enter as many boys and girls in each age group. Each participant will be given three attempts. The best attempt will score.

Standing Broad Jump

Each team can enter as many boys and girls in each group. Each participant will be given three attempts to score. The best attempt will score.

Softball Throw

Each team can enter as many boys and girls in each age group. Each participant will be given three attempts. The best attempt will score.

D. Relays**400M Relays**

Each team may enter one relay team per age division, per sex. (BM, MG, JR). No co-ed team relay. Participants must run only with their assigned team.

VI. Guidelines for Participation

Command for starting is "To your mark, set" and whistle/gun; "To your mark" - the starter has decided that all contestants are ready to run; "Set" - all contestants are in their lanes and now take their starting position; whistle/gun - start of race.

Legal start is when no contestant has moved from his/her starting position until after the whistle/gun. Legal finish is when a contestant crosses the finish line with any part of the body between the neck and hips; arms not included.

Dashes and 400 (except the Bantam 400) will be run in lanes from start to finish. Some 400's may be run without lanes in practice meets.

Open events (Bantam 400, all 800/1600) will not be run in lanes. Boys and girls may run in same heat. All boys and girls will be timed.

Contestants are not to jostle or impede another contestant's progress.

Softball Throw will not count if contestant steps over line during throw. Throw is measured from landing point closest to line.

Participants must stay in their own age division for a particular event.

Participants restricted to two field events and any two running events (except Open Events). Runners can compete in all Open Events; these will not count toward the two event limit.

VII. Track Etiquette

In an attempt to alleviate confusion, we want to enforce the following:

Only coaches with infield pass badges will be permitted in the infield of the Track.

Any participant caught climbing on the bleachers will be suspended for the remainder of the Track Season.

All participants must stay in lower stands and off track and infield unless involved in an event.

All participants must return directly to lower stands after competing.

All participants must look both ways before stepping on the track to cross as runner may be running. ***Be considerate!***

All participants must enter and leave track at the open gates. Climbing over fence is not permitted.

Team members are not allowed at finish line.

Team members are not allowed to run along the grass in the infield encouraging a participant. There are timers and judges who must be able to see.

Runners must stay in their lanes when running unless otherwise instructed by the starter. When finished, runners should report to timer for their lane.

This is Track & Field only.

All participants and visiting spectators are not permitted to bring any unrelated Track & Field sports equipment into the Track & Field Stadium.

*** No pets allowed on School Property.**